

Keep On Movin

拍数: 72 墙数: 4 级数: Phrased Improver
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音乐: Keep On Movin' - Five



Sequence A,A,B,C, A,A,B,C, A,B,B,B, B

Part A, 32 counts

A1: V step, jazz box, ½ turn right

1 RF step dioganal right
2 lf step dioganal left
3 rf step back
4 lf close rf
5 rf cross over lf
6 lf step back
7 ¼ turn right, rf step right
8 lf step forward

A2: Step lock step right, step lock step left.

1 rf step dioganal right
2 lf lock behind rf
3 rf step dioganal forward
4 lf touch rf
5 lf step dioganal left
6 rf lock behind lf
7 lf step dioganal forward
8 rf brush

A3: Cross, back, tripple right, cross, back, tripple left

1 rf cross over lf
2 lf step back
3&4 triple right, rf,lf,rf
5 lf cross over rf
6 rf step back
7&8 triple left, lf,rf,lf

A4: Rock step forward, coaster step, rock step, coaster step

1 rf rock forward
2 recover lf
3 rf step back
& lf close rf
4 rf step forward
5 lf rock forward
6 recover rf
7 lf step back
& rf close lf
8 lf step forward

End part A

Part B, 32 counts

B1: whisk right, whisk left, vinger snaps 2 x

1 rf right

& lf close rf
2 rf on spot, while doing this make a circle with rh
3 lf left
& rf close lf
4 lf on spot
5 rf right, snap rh down
6 lf on spot
7 snap rh right down
8 split weighted

B2: Look right and point, look left and point

1 - 4 look right and point with rh
5 - 8 look left and point with lf

B3: Close legs, hold, arm movement, hip swing

1 rf close lf, put both arms up
2 hold
3 cross both arms up each other
4 hold
5 bith dumbs up, swing hip left
6 swing hips right
7 swing hips left
8 swing hips right
& swing hips left

B4: Rock forward, rock back, jazz box, ¼ turn right

1 rf forward
2 recover weight lf
3 rf back
4 recover weight lf
5 rf cross over lf
6 lf step back
7 ¼ turn right, rf right
8 lf forward

End part B

Part C,

C1: step, touch 4 x k step

1 rf step diagonal righ
2 lf touch rf
3 lf step diagonal forward
4 rf touch lf
5 rf step diagonal back
6 lf touch rf
7 lf step diagonal backwards
8 rf touch lf

End part c
